

A NEW AND

Short Defense of *Tabacco*: with

the effectes of the same:

and of the right vse
thereof.

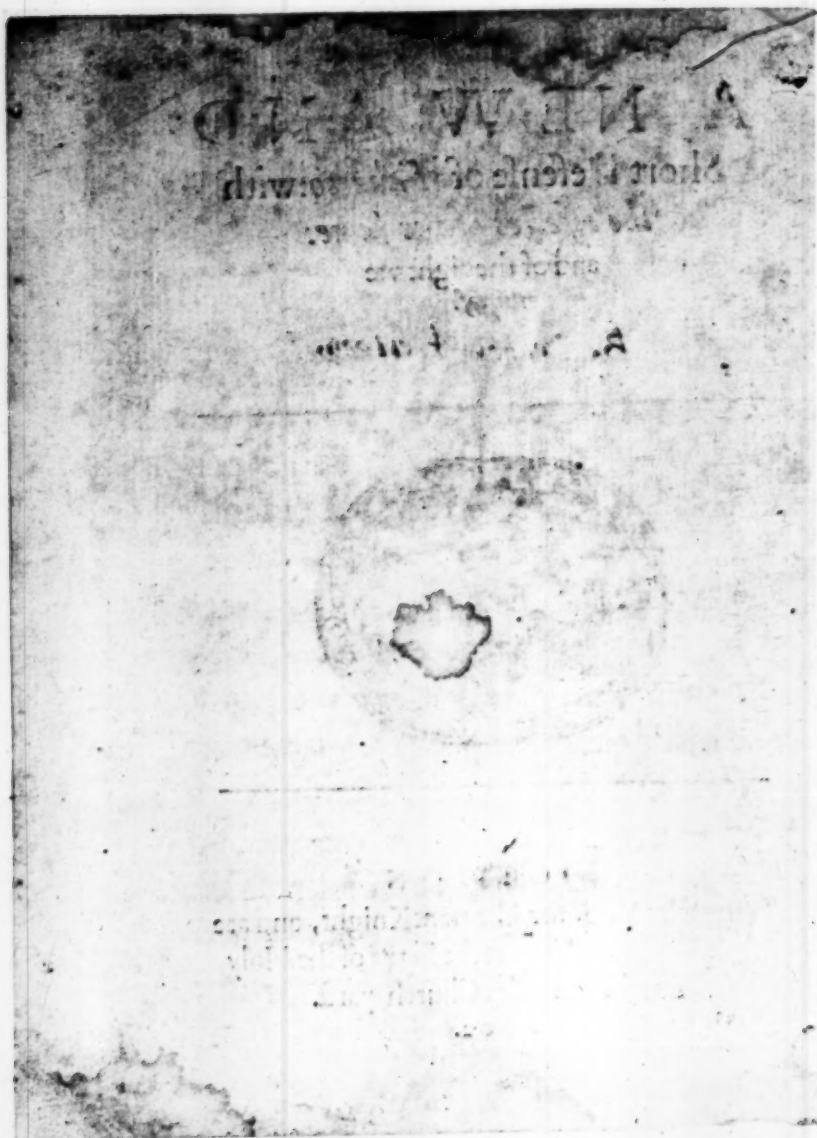
By Doctor *Bellamy.*



L O N D O N

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1602.





To the Reader.

Good Reader, the Author
of this little Pamphlet per-
ceauing how vehemently
(yet without iust cause)
the vse of *Tabacco* hath of late beene
by common speach detracted, & by
diuerse, publikely written against,
desireth herein briefly, by his owne
example and experience (being a
man of good quality, learning, and
iudgement) to satisfie and direct his
friends and countrimen, in the pra-
ctise, and taking of that hearb; And

A 3 hath

To the Reader.

hath, to that end, set downe such a
perfect and sound Rule, and Me-
thode, as may confirme those who
do rightly vse the same, in the conti-
nuance thereof, and confute others,
who vniustly, speake euill against
that, of whose true vertue they are
utterly ignorant, themselves either
not vsing it, or abusing it, *Exim, &*
ultra modum, know not, that, *In sani*
sapiens nomen ferat, equus iniqui ultra
quam satis est virtutem si petat ipsam.
And that the best things may loose
their naturall propertie, being disor-
dered and misapplied, as continuall
experience in most things dooth
too well witnesse. But for the vertue
of this diuine herbe (well applied)
the Author hereof is *testis oculatus*,
with-

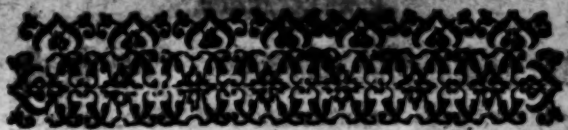
To the Reader.

without any exception, one that hath practised the same (and that very profitably,) on his owne body, which, by the power thereof, hee hath recovered to perfect health, & strength, as a man of so many yeares may haue, so as to his own comfort, and for others to follow in the same directions, he may iustly set it down *probatum est*. There are (I knowe) many others, who by the like right vse of *Tabacco* haue found the like happy effects, but through want of kinde affection to their countie-men, or like miserable *Enclioes* (vnwilling that any should participate with them in their golden felicitie) do smother the vertue of that which no charitable mind would haue to lie

To the Reader.

lie and die in silence. Let those
therefore, who shall receive, either
delight in reading, or profit in pra-
ctise of what is contained in this little
Epitome, thinke but thankfully of
the writer, who wisheth a gene-
rall benefit of his poore la-
bour.

Farewell.



TABACCO

Artis pæoniæ decus.



Erving twoo fenerall
Discourses, lately putte
downe by twoo singu-
lar exquisite learned
Physitions, *Con* and *Pro*,
touching the nature, vse
and operation of our
multum magnifico, lately
recepted *Indian Tabac-*

co : The one of them,
bitter, inuectiue, and patheticall against it : The other,
milde, modest, and apologeticall for it. And finding
them both in effect, and greatest materiall pointes to
concur, only differing, and dissenting, in trifling toies,
and tearmes, triuiall : I could not hold, but somewhat
admire their serious dispute, *De lana caprina*. For in
good sooth who wots not (trow you) that euery poore
simple in Phisicke, as all other matters elsewhere of
good worth, and greatest esteeme, (*Per inscitiam ac in-
curiam*) may lewdly be abused. Now, forasmuch as:
Scholam medendi, mutua concordia deceas, vt hanc litem

B

quo.

Definition

gentlemen, I thought it not amisse, *Pro*
an exordio, to insert herevnto my censure of proofe,
 and that also, so much the more willingly, inasmuch as
 I am not *Proseleptes*, any way partially affected, nei-
 ther yet, *tan alogus* fencelesse, to conceale mine in-
 debted, and deuoted affiance vnto that famous, and
 renowned *Tabacco*, for it rare, and manifold demerits.
 By fortunate vse whereof, not only diuers gentlemen,
 elswhere generally, but my selfe likewise, principally,
 and particularly, haue receiued such admirable graces
 and helps, as may not in any wise, without impious
 ingratitude to God-ward, and the like iniurie, to the
 hearbe it selfe, be either smothered vp in obliuion, or
 else, buried, (*amnesia quadam perenni, quod absit.*)

The commendation and vertue whereof } *Skill.*
 may easily be discovered by these two }
 speciall meanes and marks, *Nempe,* } *Square.*

The former of them is col- } *Reading*
 lected and gathered by } *Reason.*

The other is approoued } *Practise*
 and confirmed by } *Demonstration.*

Termes (I confesse) quaint and conceited, yet not
 farre vnfit, *pro materia subiecta, vt sequitur.*

And here, by your fauour, *Prima actum fronte*, before
 I proceede any further to my purpose, I am seriously
 & friendly to forewarne all forward *Tabacconists*, that
 of

of Tobacco.

of purgatiue medicines, Some are compoundes : Others are simples.

Electuarium Indum:

Electuar: de succ: ros:

Diaprunis

Diacatholicon

Diaphanicon.

And many such
like, of that } *Compoundes.*
crew

Scammonic

Stibium

Colocynthis

Laurell

Sana Alex.

with some others
of that sort } *Simples.*

Vnto this latter Rancke I doe associate *Tabacco*, as one like, both in Nature and Qualitie.

Now let me tell you by the way, that all these, and euery of them in it selfe, whether it be compound, or simple, is indued with some one malignant quality or other, and that same also otherwise prædominant and pernicious, vnlesse in compounds, by mixture, it be reformed : or in simples singularly wel restrained and curbed, algates portending and intending, *Non tam redimendam, quam dirimendam sanitatem.* Wherefore vigilant circumspection must be had, that *Tabacco* be handled considerately and respectiue, not, phantastically, insolently, excessiue, and wantonly, as some humorous, pragmaticall, Iocodocians

whose noses are like vi-
 talionians *Ants*, their mouthes and lippes (as it were)
 with brist of *Plas* his bellish smoake, flying, and
 flitting about their faces, with euery *Huff*, *Smuff*, and
Puff, spitting out their owne folly, to the great of-
 fence of many. I dare not heere presume in this point
 to limite vnto *Tabacco* and *Tabacconists*, any exact *De-*
ser in weight, or measure, but will remaine that matter
 to Discretion, to be receiued, by graine, scruple, or
 dragme, according to the list and capacitie of the ta-
 ker.

And now forward to my purpose.

Atq; pugnare metus, retrò pudor ire vetabat:

Well: *Esti omnia non possumus omnes:*

Tamen, Est quòdam prodire tenus:
si non datur ultra.

Skill { *Reading.*
 Reasoning.

Præsuppose some small reading in me to haue pre-
 ceeded.

Then my reason shalbe drawne and deriued
 from the

}	<i>Substance</i> <i>Qualitie</i> <i>Condition</i>
---	---

 of *Tabacco*.

First, Whose *Essence* and *Substance*, cannot rightly
 be termed bad or base, but ought truly to be account-
 ed pure and precious, by vertue whereof, in marue-
 lous operation, mens bodies and members are deli-
 uered

of Tobacco.

tered and cleared from innumerable, and those also most grosse, tedious, dolefull, and desperate maladies. *Contraria contrariis curantur.*

Second, Whose *Qualities* of high degree, *scilicet*, in *excitando celebriter*, & in *aperiendo celeriter*, do mightily and mainly worke change, and reforme all the enormities in our queasie bodies. The head, from distillation : The leights, from straightnesse : The liuer, from obstruction ; and consequently , all other our principall partes, from infinite diseases, and grieuances, *ut nihil supra* : All which effectes, do sufficiently argue, and declare the admirable and powerful force and dignitie thereof.

Third, Whose *Condition* and propertie(doubles) most milde and comfortable to mee, dooth leaue behinde it, in my mouth (taken by pipe) a certaine sweet fragrant moisture, *Referens mellisum quid*, not much vnlike the pleasant deaw on oken leaues, in prime of Maie, wherevpon Hony-bees, at that time, do. most commonly and comfortably feede.

Then, to pretend, that by sinell and taste, our sense is offended by Heate and drieth thereof, *Radical* moisture is exhausted, concoction hindered, propagation decayed, poyson and venome into mens bodies infused, and melancholy bredde and encreased, are meere nugations, and yet grieuous imputations, and great indignities offered to that innocent *Tobacco*, admitte such accidents doe happen by the immoderate and inconsiderate vsage thereof : *Vitium est hominis, non artis nec herba.*

A Defence

For, whoſoever liſt without prejudice, to make faithfull triall thereof, as my ſelte have doone, ſhall eaſily finde, feele, and confeſſe, without impeachment, that it is: *Absque omni ſavagine.*

In { *Effence, commendable.*
Smell, comfortable.
Taſte, tolerable.
Virtue, forcible.
Effect, moſt admirable.

Ecquid amplius?

So that every diſcreet perſon
 without a ſuſpition of

{ *Deleterium,*
Anodinum,
Stupefaciendi,
Inſiciendi,
Horroris, aut
Offendiculi,

And every other conſiderate
 man and woman, &c. of

{ *Higheſt degree.*
Fineſt graine.
Sharpeſt ſence

May ſafely without danger, I ſay (not feede,) *ſmell,*
touch, taſte, and take, of our renowned *Tabacco*, without
 annoy : By it, (*Certes,*) all ſuperfluous redoundant
 moiſture in mens members, are wonderfully drained,
 & drenched, obſtructions reſerate and opened, paines,
 furrances, and grievances, marvellouſly appeazed, me-
 lancholic, and ſuch mad humors, neuer a deale the
 more *ſupra modum*, augmented.

of *Tabacco*.

I am neither *Pary* the French conceited, (as a bogle or a Bug-beare) *Antipatheticè*, to feare & abhorre it, neither yet : *D. T. English Metamorphosèd, Sympatheticè*, to feele and confesse so much defect, by one daies want of it. But *Vt ingenuè referam : Nec inficias eam; Ego sum, qui sum, & i, Tam gomes sum rigidus inchoy a Tabacca, satelles, vt existimem hercule ac credam, (me ludice)* there is not any one simple vnder the Sunne, worthis to stand in Moode and Figure, with this our noble *Tabacco*, neither yet, in any paralell, or degree of comparison, (yeelde all due complements vnto it) neither is there any other hearbe else (in my conceit) in *Orbe, aut per Orbem*, (all Circumstances obserued) whereof, & by which, discreet Physitions may make to themselves, more, or the like gaine and commodity be it by fume, infusion, syrup, electuarie, or by way of extraction, *Experto crede Roberto*.

And yet by your leaue (*ne nimium efferam*) *semper excipio Platonem*, I do confesse without disparagement vnto *Tabacco*,

That there is one transcendent medicine, *Supra Solem*, most Soueraigne in maiestie, and power farre surpassing this our *Tabacco*, and all hearbs else: Whose praise is in the *Prophet* saying:

*Neque herba neque malagma, scilicet sermo
tuus Domine sanat vniuersa.*

Sis nomen Domini benedictum.

And

A Defense

And thus farre concerning
the word *Skill*, founded
and formed vpon

Reading
and
Reasoning.

Square } *Demonstration.*
Practise.
Prooffe.

Square consisteth vpon foure
Mathematicall dimenitions.

Motive.
Affect.
Effect.
Rule.

Motive, Containeth th'opportunitie, occasioning
me, to admit it.

Affect, Declareth th'infirmities which forced me
to frequent it.

Effect, Sheweth th'alterations, strangely performed
in me by it.

Rule, Setteth downe the maner and fashion, how
rightly to vse it.

By the first you see, how dainty I made it be-
fore I durst receiue it.

By

of Tobacco

By the next, you may learne in what plight I
was, before I did practise it.

By the third, you may understand, how much I
am amended, by operation of it.

By the last, you may know, how safely and fruit
fully to handle it.

And heere by the way,
omnis facessat in

alio inuidentia.

in seipso arrogantia.

Enimvero,

Esse, unica hyrundo, non faciat ver;
Neque, ex particulari: sit sylogizari:

Tamen.

One particular true strange experiment, well tried
in my selfe.

Inftar multorum esto.

Giue credite, as shall seeme to your selues best,
and make triall, as you shall finde cause and occasi-
on.

Now, whether Tobacco do purge, *Electiue*, *aut pra-*
miscue, one, or more humors at once, by chance, or by
choise, *per se*, *aut per accidēs*, *Qualitate manifesta*, *aut Vir-*
tute occulta, *à contrarietate substantia*, *aut similitudine na-*

C

tura:

A Defence

These Questions I leave, as not pertinent *ad nostrum institutum*, vnto the discusse and determination of greater Clerkes. And moreouer, why some men do affect it, *Per sympathiam*, (*ut qui pica laborant*) louingly, and longingly: And why others contrarily, do flie, hate, & abhorre it, *per antipathiam*, as the Bird the Kite, the Mouse the Cat, the Beare the Ape, the Lion the Mouse, the Horse and the Bull, Ape and Cat, Pathetically, and maliciously, I wot not. But, my selfe (I say) without all vagrant affection, do embrace, praise, and recommend it, for that thereby, chiefly, taken by pipe, I haue receiued exopted health, rarely, speedily, and perfectly.

Thus to the Square, and first to
my Motiue, and other re-
portes.

Motiue.

THe first sunday, after Twelftide, now foure yeares past, a certain godly graue preacher, being at my house, and making him readie, that morning, I fortun'd to salute him in his chamber, taking a Pipe of *Tabacco*: who estooones, earnestly intreated, and at length with much adoe, enduced mee, to harpe vpon his instrument, *Ad unum vsque aut alterum simplicem hauritum*, wherevnto I assented, but disdainfully.

Again

of Tobacco.

Again after a pause, resorting to his Lodging, I
hapt to finde him doing as before. Then hee de-
manded mine opinion of *Tobacco*. And hearing of
no dislike from me, he importuned me most instandy,
to trie some few sippes more, wherevnto I yeelded,
yet very scornefully. Asfirming withall neuerthe-
lesse, that it seemed tollerable, and might prooue
no lesse profitable (*doublelesse*) not onely, to many
others, but to my selfe especially; (circumstan-
ces considered,) I being a Man, leane, feeble,
full of defects, and infirmities, full of fleame and rheu-
maticke humidities; if euer it prooued profitable for
any manne vnder the Cope of Heauen, compar-
ing my selfe, in that daintie conceit, vnto a *Madde*
Dogge, (and no better,) whose propertie is, to shunne,
flee, and refuse, the fresh running waters, his principall
and chiefest comfort. Then, after Seruice and Ser-
mon done; at dinner time, in company of diuers good
merry Gentlemen (my friends,) I hapt to forget my
selfe a little, in eating and drinking, somewhat beyond
my wonted measure and manner, expecting nothing
more consequent, then due deserued torments, for
that same daies delight. And at supper, finding my self
vnfit, I did of purpose abstaine, (for it needed not) but
yet I conueighed ouer frankly, and freely, a good
cup of sacke. Since which my first acceptance of *Ta-
bacco*, vntill this instant, I protest I neuer felt any more
of any my former pitiful and painful greeuances. And
those manifold and dolorous of me, so. yeeres space;
& aboue, discomfortably endured. And for further te-

A Defence

firmomy heretof, *How*, in the state of my body, infared
with me many yeeres at *Oxford*, in the time of *Maister*
D. Marbecke, where I continued *Multum diuque*
Valeudinarium, I appeale to his report and others
that do know, *Quod non mentiar*. Thus,
and by these motiues, became
I dealer with *Ta-*
bacco.

Afflictus.

17
ABout twelue yeeres of age, by meanes of a moist
shirt, I was sodainly cast in *Pryssin*, & i, the puficke
and straighnesse of breath, with a continuall
destillation from head to lunges, encreasing daily,
and hourelly more and more: till, in the ende, I was
constrained to change my studie, from *Diuinitie*,
vnto *Phisicke*, for healths sake; yet for all mine owne
painefull labours, and all other friendly helps, euen of
the best learned *Phisicians* in our time, I preuailed not,
to any purpose, or effect: So that, I became dwined &
pined, & finally, brought to such a pickle of leanenes,
and feeblenes, throughout all the region and limmes
of my body, that I could not ride foure mile end-way
at any time, but incontinent, I became bed-rid for six
daies space after; inso much, as I was scarce able to
walke ouer mine owne chamber, without some rest,
or staie. Neither could I receiue any drinke at any
hand

of Tobacco.

hand, were it *Hotte*, or *Wine*, hote or cold, neither yet the very common aire at my mouth, but that immediately, I should be forced to cough, reach, striae, straine, and toile my selfe laboriously, and most lamentably, *Ad usque sudorem & dolorem non vulgares*. Moreouer my meat, by the space of xiiij. yeares next before the taking of *Tabacco*, commonlie neuer staied with mee much aboute one quarter of an houre, or an half houre at the most, (and yet I durst not forbear my meate vterly, lest I should haue disused Nature:) And then, after a little slumber, at my first lying downe, I reiected my supper continually: Insomuch as, I was forced euery night in bed, to receiue a draught of warme posset Ale, for to loose it with ease. Then moreouer, after my first sleep, about 12. or one at midnight, lo, I did vsually cough, with euery drop of sweate vpon my bodie like a Bell, that euen fountaines of blood would spring from my nose, and streames, or strikes of blood likewise issued from my lungs *Empyematicke*, in spitting & streyning, together with a shortnes of breath, soreness of breast, and a generall faintnes throughout all the chest, and region of my bodie and limmes, in such sort, that I did seeme vnto most men, destitute, and depriued of all earthly comfort. And, as I may speake it, to be *Nec animans, nec amans*, both liuelesse and loueles, fearing and suspecting, not alide, for diuerse yeares together, the vtter ruine and decay of all the seruiceable partes of office within mee; the head, lungs, liuer, and such other prædominant members. Neuerthelesse (*ut verum fatear*) since the first taste of

A Defence

Tabacco, all those formerly most painfull and painefull affections, are vanished and departed from mee, miraculously, cleerely, and vterly, I praise God : So that from the first day I receiued this noble *Tabacco*, vntill this houre, I neuer felt any of those former grieuances any more, neither yet shall heereafter, I trust, through good guidance. Yea further, will you haue me to tell you *ingenuè*, merily, and vnfainedly, a truth? Lend mee your cares a little while, not long. The first night that I tooke *Tabacco*, being demaunded vppon any waking, how I felt my selfe; I did directly answer : That me thought my breast was slitte, clouen, and diuided, (as it were) from throate to nauill, and I my selfe at large happily redeemed from captiuitie to liberty, from sicknesse to health, from paines to delight, from continuall discouragement, to comfort and consolation : And so it seemes to mee still, God wotter, Wherefore, *Lauda anima mea Dominum*, and all that is within me, praise his holy name.

Thus, and no otherwise was
I affected.

Effectus.

T*abacco*, in my conceit, dooth, not onely open and dry, *Ratione caliditatis & siccitatis*, but also, *supra virtute*, dooth purge and expell, *quicquid noxium*,

of Tobacco.

maximus, mightily and mainly. To giue you an instance or example in my selfe; In proceſſe of weekes, well I wot, it hath forced out of my braines, through the great middle Suture of my ſcull, at an emunctorie, not much about the toppe of my eares, by times, more yellow, bitter, corrupt, choloricke moiſture, I am ſure, then three gill cuppes could containe, before it left that courſe of purging. This humour was the primarie and principall occaſion (as I take it) of all my former inueterate fluxes and deſtillations, dropping from the head downeward, infecting the leights, and forcing withal, intolerable ſoreneſſe, ptiſicke, and many other ſuch inconueniences, of the like graine and grime, ſuſtained of me, by the ſpace of ſeauen and fiftie yeeres continuall, and more. Now all theſe accidents notwithstanding, (blessed be God for his mercy, in the meanes of mans health) even ſince the very firſt aſſay of *Tobacco*: There hath beene, and yet is, quietneſſe in my head, comfort in my ſtomacke, liberty in my lungs, ſtrength and agility in my limbes, (*κατά π'*) perfection in my liuer, reſt in my bones, and in *univerſa carne mea, ſanitas*. Finally, al the powers and faculties within me, be they *Naturall*, *Viſall*, or *Animal*, are ſo reſreſhed, and reuiued, that nowe beeing threeſcore and nine yeeres of dayes compleate: my minde and body both, are made apt, nimble, and aſtute (neuer better erſt) for ſtudie and trauell, ſitting and conuenient. The Lord be praized.

Theſe, and no leſſe were the effectes wrought vpon me by *Tobacco*.

Rule.

AT the first brunt, sending to *Durham*, for some of this geere, to worke withall: two *Tabacco* pipes miscarried by the way, which might pencead *agud malum*, (*Now in primo limine timore amissum* :) Sending againe the second time, I spedde: Then *Boris anibus*, I entertained *Tabacco* into request, and made miall of it actiuelie, as followeth. The first weeke, every day once, I took one pipe only at a time; The second weeke, every other day, one pipe onelie a day; The third weeke, every third day, one pipe onelie a day: The fourth weeke, once only, and so forth, weekly, monthly, or quarterly, as occasion. The manner of my vsage is thus; being a man leane of constitution and feeble, early in the morning, being made ready, and my throat, lungs and stomach, scoured, by hauking, reaching, coughing, and spitting: Then I take my pipe of *Tabacco*, sitting close by a warme fire, the space of halfe an houre and more, vntill the giddinesse and swimming in my head be past, and the medicine also haue done it feate: then I vse to gargle my mouth with a cuppe of beere, well warmed with a toste. After that I receiue a good cuppe of Sacke. By meanes whereof, *Tabacco*, being, as it were, reuiued, *nam visum vires auget*, beginnes afresh sensibly, to visite and salute, head, stomacke, breast, fingers, and feet, for a prettie season: And when all those stormes, and stowers are ouer-shot, then doe I feele my selfe light,

of *Tabacco*.

light, and liuelie vnto any competent exercise, forbearing neuertheles, both meate, and common aire, keeping also within my chamber some two or three houres at the least, lest I should either hasten appetite too quickly, or else, catch some cold disorderly, all the pores of my body lying open & apt to harme, through the vehemēt operation and force of the foresaid *Tabacco*. Now, if this be true, as true it is, (*et ipse luce clarescit*) that it is so comfortable to choloricke, leane, and spinie men, much more of force must it needes be profitable for grosse, fat, and foggy bodies, repleat with *hydropicall* humours; so that consequently, I may confidently inferre hereupon, that *Tabacco*, (good order obserued) is comfortable and commendable, for most men of any age, degree, constitution, or condition soeuer; And thus did I vse, and yet by times do still vse *Tabacco*, with comfort and comoditie. Howbeit, of late, (not to dissemble,) hauing my whole bodie, vessels, and frame therof, sufficiently reformed and cleansed, I do of purpose forbear the frequent vse of it, lest I should seeme to haue forgotten what *Galen* sayd: *scilicet*,

*Sanas carnes habentes:
facile medicina soluantur.*

And herevpon, whereas, before I did inferre, and auerre, that *Tabacco* is commendable for most men of any age, degree, constitution, or condition soeuer: I would not be mistaken (for my meaning is, and so my

D

words

A Defence

words import) chiefly men and women of ripera-
ge, in whom matter may appeare to worke vpon *i*, *a*,
dultus ac promectiores, and those either leane, full of hu-
morous superfluities accidental, or else, fat and foggie,
hauing *plenihorica corpora*, abounding with grosse mat-
ters, excrementitiall, apt to putrefaction: But for chill
youths, and such other, hauing *corpora mollia & carnem*
halienosam, ac spiritum locupletem innatum, *i*, tender &
healthfull, I take it not fit, by the sence allcaded. *A-*
pho: lib: 2. Apho: 36.

Now you haue heard, and may conceiue, in what
forte I haue vnfolded and declared, *pro posse*, *præque*
viribus, the true construction, and faithful interpreta-
tion of my first two capitall termes *Skill* and
Square.

And that *geniculatum* in their subdiuision and mem-
bers

Of	{	Reading and Reasoning.	}	Of	{	<i>Motive:</i> <i>Affect:</i> <i>Effect:</i> <i>Rule.</i>	}	distinctly and cleerely.
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Wherein some men perhappes may suppose, that I
haue satisfied, in some sorte, and fully aaccomplished
mine intended purpose, in the setting forth of the *E-*
nargie, *Vertue*, and *Value* of that worthy and twice re-
doubted *Indiagn Tabacco*: Yet neuerthelesse, vpon
reuiew, and further contemplation, me seemes I haue
tript

of Tabacco.

tript ouer, two of the most necessary reports, and reputations belonging to *Tabacco*, *vspote* } *Vse.*

} *Application.*

Whereof, the former I finde to be foure folde.

For it is profitable to	{	<i>Reforme and rectifie what is amisse.</i>
		<i>Prouoke vomite vpward.</i>
		<i>Purge by siege, humors of any combination.</i>
		<i>Cure wounds of euery condition.</i>

Vses.

First, Taken (by *Pipe*) in fume, to draine vp all superfluous moisture, be it in *ventriculo, hepate, cerebro, aut ipso etiam pulmone*; or moreouer, to open and ease all the sluices, conduites, pipes, and passages, from parte to parte, in the whole frame and course of mans body, *It is most soueraigne, and of singular operation.*

Secondly, Taken for *Vomite*, it is a present meane, vsed *mansticè* : i, being chewed vp and downe in the mouth, three or foure small peeces of *Tabacco* leafe at one time, one peece after another, vntill foure or fiue droppes thereof be drilled into the stomacke : Then, well I wot, there will be anone olde tumbling, heauing, reaching, and flinging, whilest all matters offensive be forced thence vpward: *Albeit it will require your patience.*

Thirdly, Taken for *Purge*, a leafe stiept ouer night in a portion of white Wine or Rhenish, will giue a

A Defence

mighty purge, deducing & deriuing in short processe, humors of any combination and excrements of euery condition, *Per loca conferentia.*

Fourthly, Taken for *Cure*, the onely ashes thereof are profitable, and in most vse (no doubt) for greene wounds, vlcers, and olde sores of all sortes.

These are the foure principall endes
and vses of *Tabacco.*

*And, as the Vse, so is the Application
of Tabacco.*

First, when you take it by *Pipe*, mine aduice is, that you put into your box of prepared powder, one grain at the least, of the oile of *Anniseedes*, it will giue your powder a maruellous grace, and comfortable, both to the smell, and taste, of the taker, not only pleasant and delectable, but also profitable and commendable, especially to the daintier sort.

Secondly, when you vse it for *Vomite*, doe not, in any case, abridge, or restraints, the violent operation thereof, by apposition of any dilatory mixture: But, suffer it to expresse it owne force in action, *secundum libitum suum, & vim innatam*, for the more effectuell and speedier dispatch, of a surcharged stomacke, by reiection.

Thirdly, when you intend to *Purge*, omit not, forget not, it will be very expedient, and no lesse conuenient,

of *Tabacco*.

nient, for you, and euery man of euery condition, the night before you take it, to infuse together with your *Tabaccoes* leafe in white wine, or other liquor, fome pretty portion of *Synanon*, *Ginger*, and *Nutmegs* bruised, with two or three cheires of whole *Mace*: And (if you list) of *Liquorice* and *Anniseedes* likewise bruised, a small quantitie. These things are *verè carminatiua*, cordiall, & *Alexipharmaca*, and will make your *Tabacco* to become *medicamentum benedictum*.

Fourthly, When you apply it for Cure of wounds, you must remember to referue the burnt ashes remaining in your *Tabaccoes* pipe. Of the same, sprinkle into your greene wound, vlcer, or sore, and you shall see it performe strange and admirable effectes (as it were) *unum idemque*, drying, cleansing, filling, and reforming the part and place affected, as shall appertaine. Many men doe diuersly report woonderfull effectes, in this behalfe, brought to passe, onely by the vertue and operation of *Tabacco*. And some pretty helps (I confesse) at home, haue I also seene thereby; to no small ease of diuerse, encouragement to others, and tending chiefly to the inestimable praise of God, the Author of all gnod: Wherefore I wil conclude with this *Epiphonema*,

Omnis spiritus laudet Dominum.

Let euery thing that hath breath,
praise the Lord.

A Defence of Tabacco.

THUS much then, finally, and *aphoristick*, for conclusion of mine owne experience and knowledge, in the triall of *Tabaccoes* virtue, not minding hereby, any way to offend, preiudice, or interrupt my superiors; But rather algates, by all my best meanes, to forewarne, and exhort, all followers and favorites of *Tabacco*, to remember, *Ne quid nimis*, and circumspectly to foresee, *Ne quid temere attentetur aliquando*; and that due circumstances regarded, every thing may rightly be ordered and marshalled, by skillfull direction of the learned, lest happily, unhappily, through mens rash and inconsiderate vsage thereof, they themselues (*sua ipsorum culpa*) catch Copper for Coyne, and, insteade of vaine hoped for help, some due deserued harme.

* * *

FINIS